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OCT  
2020

**A Monthly Insight into The Happenings at NDI**

# ndiinsider



current topics >>>

## New Employee Orientation

**Upcoming Dates**

11/2-11/13

11/30-12/11

**The full 2021 orientation calendar will be published soon.**



## The Executive Desk

*From the Desk of Dr. Sheward 10/30/20*

Construction/repair projects in the hospital are running on or ahead of schedule. We are on target to get 3E off 7E in time for the transition of 3S onto 7E on schedule. The work on 7W is on target for occupancy by DAMAR in December. We have several adult admissions scheduled for 2W next week and we will welcome one of our largest orientation groups starting November 2nd. If all goes to plan, we will have sufficient Maxim personnel for them to operate two units beginning November 23rd. Certainly, the long-term plan is to have all adult units and 7W open by the end of February. No update would be complete without COVID. As you're all aware we're in the beginnings of a serious increase in cases. We may be looking at three times the daily deaths we're seeing now in January. About 100 people per day are currently being hospitalized with COVID. We're very near the number of hospitalized

Hoosiers we were seeing in April and this surge will be considerably worse before it is all over. The greatest number of cases have occurred in the 20-29-year-old group which explains why deaths while increasing aren't rising as fast as new cases. Despite this, about three dozen people are dying daily of COVID now and

**"Be smart, be safe, and I look forward to working with all you again next week."**

we could be looking at 100/day a couple of months from now. For every death there are about 10 other people who require ICU care to survive. For every ICU case there are 10 that require some level of hospitalization.

Even if a vaccine were available tomorrow, it would be many months before herd immunity was achieved. It is unlikely that the first one available will end up being the best. The latest information suggests that an initial vaccine might be released for distribution by the very end of November or December. Even if millions of doses are available by the end of the year, it will still be many weeks before most of us take our turn. This is still very good news. In the coming weeks think carefully about your holiday plans. All these activities increase the risk of viral transmission. Be smart, be safe, and I look forward to working with all you again next week.

# NDI Dashboard

## Upcoming Refresher Classes



### Bridge Building

There are no more Bridge Building refreshers for 2020. If you have not completed a class, please email [staffdevndi@fssa.in.gov](mailto:staffdevndi@fssa.in.gov).

### CPR

There are no more CPR refreshers for 2020. If you have not completed a class, please email [staffdevndi@fssa.in.gov](mailto:staffdevndi@fssa.in.gov).

### NDI Census October 2020

#### Patient Totals

Adults – 37  
Youth - 17  
Total: 54

#### Admissions

Adults – 8  
Youth - 1  
Total: 9

#### Discharges

Adults – 8  
Youth - 1  
Total: 9



## Open Enrollment 2021 for State Employees

*Select your benefits between October 28 and November 18, 2020*

Have you taken the time to review the benefit options for 2021? If not, you might be excited to learn that **there will be no premium increases or plan design changes for medical in 2021!**

The state will continue to offer three statewide medical plan options: Consumer-Driven Health Plan 1 (CDHP 1), Consumer-Driven Health Plan 2 (CDHP 2) and Tradition Plan. All three available plans are in the National PPO (BlueCard PPO) network with Anthem and have a prescription drug plan through CVS Caremark.

For those who qualified for the Wellness Premium Discount, your discount will apply to any of the three available plans. This change provides more flexibility than ever to find the right plan that fits your specific needs. For 2021, the annual Wellness Premium Discount will be \$374.44 for single and \$1,123.20 for family coverage. If eligible, the discount will be displayed in your open enrollment event after electing a medical plan. Anyone enrolled in the Wellness CDHP for 2020 will automatically default to the CDHP 1 for 2021, unless another plan is selected.

During open enrollment, some elections will reset each year, the non-tobacco use agreement, and the HSA/FSA personal contribution amount. If the employee wants to agree to the non-tobacco use agreement or contribute a certain amount to their HSA/FSA for 2021, the employee will need to make sure they go into your open enrollment elections to do so. Other than that, everything else will roll over into the next year.

*\*More information on open enrollment can be found on pg. 8*



# NOVEMBER

## NDI 2020 Event



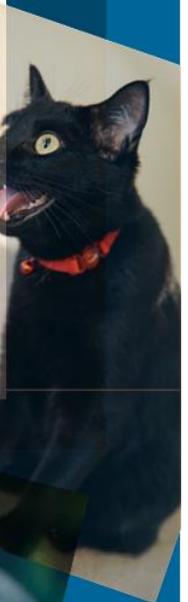
## State Employee Community Campaign Pet Picture Contest!

Pet Photo Contest starts November 9th!  
Who has the cutest pet? Don't be shy, be a winner!

Submit your votes by:  
**November 19th!**



**Who thinks  
they have the  
cutest pet?**



**\$5.00 Donation for 5 Votes  
OR  
\$26 Payroll Deduction for 30 Votes**

*Vocera or Email Justin McAfee to enter your votes!*

*The owner(s) of the cutest and most popular pet  
will be announced November 20th!*

Questions? Contact Us: Amy Frazer, Giovanna Gallagher,  
Justin McAfee, Lindsay Ecklund, or Zak Rittenhouse





## Reboot: IT Updates & News

### Reminders from the IT Department

- Please do not bring personal computers into the hospital. This applies to all staff, including Agency, Contractors, students, and residents.
- Do NOT turn computers off unless directed by the IT Department. Please restart all computers at least weekly, ideally nightly.
- Report issues with iPads, printers, and other devices as soon as they are noticed.
- Make sure to sign shared Voceras in and out on the unit they belong to.
- Shared Voceras should never leave the hospital grounds.
- Assigned Voceras should be stored at the NDI and not taken home.
- When emailing group distribution lists, please double check who you are sending it to especially when sending personal information.

### Having Technology Issues?

If you **are** having issues with your PeopleSoft Learning you can email [StaffDevNDI@fssa.in.gov](mailto:StaffDevNDI@fssa.in.gov) with questions.

If you are having issues that **are not** PeopleSoft Learning related of you can submit a ticket to [NDIHelpdesk@fssa.in.gov](mailto:NDIHelpdesk@fssa.in.gov).

### Department Spotlight: More Than Computers

*Here you can meet the various team working round the clock to make NDI operate. First up is IT!*

The IT Department at NDI is tasked with managing most of the technology systems implemented at NDI. The systems we do not manage directly are at least on our radar so that we can assist when/if needed. We do this by managing relationships with external providers, such as Ricoh for printing, Verizon for cellular service, AT&T for TV service and IOT for all things state network related. We also work to figure out how to make things work to better meet staff needs.

Some of the initiatives we have worked on in recent months include ePrescribe, working to shut down the old Reliable EMR, inventory management process changes and telephone management, both here and at Larue Carter.

Some initiatives we look to launch in the coming months include a new onboarding process (soon to be followed with an offboarding process), lunch and learns to help staff better use the technology around them as well as two new Cerner initiatives coming down the road (CHIRP reporting and an upgrade to the Cerner code base).

So, who is the rad team who makes sure we stay connected and keep our systems up and running? It is Scott, Darryl, Richard, and Bridget!

*Cont. on page 5*

## Department Spotlight: More Than Computers Cont.

### L. Scott Munoz, IT Director

I am an IT professional with 24 years of experience in IT for the State of Indiana. The first 21 years were with the Department of Natural Resources, followed by (so far) 3 years with Larue Carter/NDI. I have a Bachelor of Science degree in Computer Technology from Purdue University. As IT Director, I oversee the work of the IT Department staff and lead IT directives initiated at NDI specifically, as well as those initiated downtown impacting all State Psychiatric Hospitals. On a more personal level, I am a native (and life-long) Texan. I consider myself a maker and enjoy wood working, 3D printing and have even dabbled in metal work. I reside in Avon with my wife and two sons.

### Richard Taylor, LAN Admin Intermediate

As a first-generation college graduate, I earned my B.A. in Social & Historical Sciences from Indiana University – Bloomington in 2015. I also received a Business Foundations Certificate from the Kelley School of Business at the same time. In wanting to work for an organization that would help people through technical application, I chose to study Information Technology. I hold Microsoft Technology Associate certifications in Security, Windows 10 Operating Systems, & Networking. After becoming certified, I worked for the State of Indiana as a sub-contractor for two years. While working as a sub-contractor at Larue Carter, I was brought on as a full-time state employee in February of 2019. As the oldest of six children, I enjoy spending time with family, watching & playing basketball, and grilling a juicy steak from time to time!

### Darryl Bledsoe, LAN Admin Intermediate

I have 20 years of experience in IT, with focus on Network Administration/Engineering. At this moment, I have A+ and ITIL Foundations certifications within this industry and am currently studying for my Cybersecurity credentials. Never can learn too much! I am an avid golfer and cyclist, who also enjoys different activities involving the outdoors. I chose Information Technology as my profession because it is a field that constantly pushes me to learn, never settle and challenges me daily. It's fun to be in a field where being a nerd is a great thing!

### Bridget Gaines, LAN Admin Intermediate

I am the newest team member of the IT department. I come to NDI with both information technology and sales experience. My goal is to bring a consistent level of professionalism and solution driven customer service. I am encouraged to continue the path of learning and am constantly in various trainings and certifications for an ever-changing profession.

### NDI IT Fun Facts

- 280 computers
- 380 Voceras
- 155 Wireless Access Points (at the time of NDI's opening, this was more than they had deployed to cover both of the Government Center buildings, combined.)
- 20 servers to run hospital operations (we had 5 at Larue Carter), 7 of these servers are dedicated to running Vocera.
- 33 Network switches with 1584 network connections. (We 18 switches with 864 connections at Larue Carter)
- 12 different networks are live and interacting at NDI. (We had 4 at Larue Carter.)
- 348 cameras with 693 views. (We had 55 cameras/views at Larue Carter.) Some of the NDI cameras also feature audio recording capability.
- Since 5/4/2020, 417 tickets have been opened with the IT team. That is roughly 70 tickets per month.
- 178 of the tickets have been Cerner password reset requests (42%). That is roughly 30 per month.

# Antibiotic Awareness Week

Antibiotic Awareness Week will be celebrated November 18th through the 24th. This is an annual one-week observance to help raise awareness of antibiotic resistance and the importance of appropriate antibiotic use to combat the threat of drug-resistant infections.

Antibiotic resistance is a true threat and has led to untreatable infections which can affect anyone. Some types of bacteria have developed the ability to block the action of certain medications, thus making our current treatments ineffective. Although this process occurs naturally, the misuse of antibiotics in humans and livestock has led to its acceleration. The CDC's Antibiotic Resistance Threats in the United States, 2019 report indicated that more than 2.8 million antibiotic-resistant infections occur in the U.S. each year, and more than 35,000 people die as a result<sup>1</sup>.

Antibiotics are crucial for fighting illnesses caused by bacteria, but their use is not without consequence due to potentially severe side effects. Antibiotics do not work against viral infections including COVID-19, colds, and the flu. When antibiotics are used to treat a viral infection, the medication will not make the patient feel better and may even make the patient feel worse due to adverse effects from the drug. Common antibiotic side effects include rash, dizziness, nausea, and diarrhea, but may be more severe. Clostridioides difficile is an antibiotic side effect which can lead to severe colon damage and death. According to the CDC's Antibiotic Resistance Threats in the United States, 2019 report, 223,900 cases of Clostridioides difficile occurred in 2017 of which at least 12,800 people died (1).

Below are seven facts the CDC has put out to help you Be Antibiotic Aware (2):

**Antibiotics can save lives.** When a patient needs antibiotics, the benefits outweigh the risks of side effects or antibiotic resistance.

**Antibiotics aren't always the answer.** Everyone can help improve antibiotic prescribing and use.

**Antibiotics do not work on viruses**, such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow, or green.

**Antibiotics are only needed for treating infections caused by bacteria**, but even some bacterial infections get better without antibiotics, including many sinus infections and some ear infections.

**Antibiotics will not make you feel better if you have a virus.** Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your body fights off the virus.

**If you need antibiotics, take them exactly as prescribed.** Talk with your doctor if you have any questions about your antibiotics, or if you develop any side effects, especially diarrhea, since that could be a Clostridioides difficile infection (also called C. difficile or C. diff), which needs to be treated.

**Antibiotics are critical tools for treating life-threatening conditions** such as pneumonia and sepsis.

## References

1. Centers for Disease Control and Prevention. (2020, October). *Biggest Threats and Data: 2019 AR Threats Report*. Retrieved from <https://www.cdc.gov/drugresistance/biggest-threats.html>
2. Centers for Disease Control and Prevention. (2020, October). *GET INVOLVED: U.S. Antibiotic Awareness Week is November 18-24, 2020*. Retrieved from [https://www.cdc.gov/antibiotic-use/week/get-involved.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fantibiotic-use%2Fweek%2Foverview.html](https://www.cdc.gov/antibiotic-use/week/get-involved.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fantibiotic-use%2Fweek%2Foverview.html)

# The Wellspring

*The wellspring is our health and wellness section of the NDInsider. Here you will find mindfulness tips, recipes, our Strange Science section, and much more! If you have tips, recipes, or strange science facts, send them to [staffdevndi@fssa.in.gov](mailto:staffdevndi@fssa.in.gov).*



## Halloween Leftovers

You've hung up your costume, put away your fake spider webs and cleaned off your spooky-chic table settings. Now it's time to take inventory of your, or your kids, leftover candy and use it to make a few epic desserts. It just so happens that National Candy Day falls on November 4. Which is the perfect excuse to partake in one last post-Halloween candy binge.

Whether you are stuck with fun-size chocolate bars or you have candy corn coming out of your ears check out a few of the tips and tricks to turn your leftovers in epic deserts!

**Candy Bar Pie:** Why stick to one type of candy per dessert? Pile them in a cookie pie that's filled with M&M's, Reese's and Rollo's.

**Caramel Candy-Apple Nachos:** Who needs tortilla chips and queso when you have apples and caramel? Pile on crumbled Heath Bar and walnuts over the top of these dessert nachos and instantly ease that sweet tooth.

**Fudgy Milky Way Brownies:** Cakey brownie lovers, look away! Brownies are pure fudge, filled with Milky Way pieces and topped with caramel sauce. Sugar coma, engage.

**Candy Corn Pretzel Hugs:** This snack is a comforting hug all right. It's sweet and salty and uses up the last of your candy corn, Hershey's Hugs and mini pretzels.

## Strange Science

Did you know that Killer whales are dolphins? Despite their name, killer whales or orcas are the largest members of the dolphin family. The major physical feature that ensures orcas are dolphins is the presence of a melon — a fatty deposit that assists the animals in echolocation and only exists in dolphins. Orcas are highly adaptable, and able to communicate and coordinate hunting tactics. They are extremely fast swimmers and have been recorded at speeds of up to 54kph!

## Kinetic Connection

Whether you're looking for motivation to start exercising, or are interested in changing up your current routine, it can still be hard to find the recommended 30 minutes in a day to move that experts recommend. But can you find 10 minutes 3 times a day? Studies have shown that you don't need to get all your exercise at one time. Ten minutes morning, noon, and night can give much of the same benefit as 30 minutes all at once.

Mindfulness is not just about your mind, but about re-establishing connection with your sweet flesh and bone. Then, slowing down becomes more than a mere idea—it becomes an embodied experience. When you're feeling stressed and overwhelmed, come back to your breath. Your breath is beautiful, for it is the ocean that sculpts the landscape of change that emerges from moment to moment. It can also remind you that the nature of life is change—like wild waves crashing upon a sandy shore, coming, and going. Throughout it all, you can cultivate a warrior-like curiosity. This season often comes with chaos, feeling short-tempered around difficult family members, painful memories, or travel plans gone awry. It can feel tender, like nothing is in your control. You can lean in. You can sit with the tenderness, frustration, anger, and fear—this is bravery. Because when you lean in, resistance softens. Then, you become more receptive to the gifts that appear in the raw moments when you least expect it.

Mindful Minute

## Mayors Advisory Council Recognizes NDI Partner Nishida

The Mayors Advisory Council on Disability recognized Nishida Services and Allie Kelly as the winner for the employer award 2020, for access and inclusion. NDI has always supported and encouraged participation with organizations such as Easter Seals Crossroads and Project Search. We currently have two previous interns that are now fulltime employees with Nishida Services here at NDI. We are proud of their accomplishments and look forward to other chances to engage with Hoosiers that need training, an opportunity to build skillsets, and work history all while earning income!

## Essentials Opening Soon

NDI' first patient clothing store is getting closer each week. The opening date and *mini* open house for staff tours/visits will be announced as they become available. There has been much behind the scenes work since mid – 2019 including budget, obtaining position approvals, hiring/training, ordering, and delivery of stock. As we know, COVID as touched nearly every part of our lives over these the past 6 + months, and we will continue to press on to accomplish our goals to fulfill patient basic needs while getting treatment here at NDI.

### \*More Open Enrollment Info

Open enrollment through PeopleSoft HR began **October 28**. The deadline to enroll is **November 18 at noon EST**. Please note that this will not be extended for any reason. Feel free to go to [www.in.gov/spd](http://www.in.gov/spd) to make yourself familiar with the plans before you enroll.

HR will be available for assistance with benefit open enrollment on the below dates/times:

Date	Time	Location
<b>Monday, November 16</b>	7:30 a.m. to 9:30 a.m. 2:00 p.m. to 4:00 p.m.	Conference Room C
<b>Wednesday, November 18</b>	7:30 a.m. to 9:30 a.m. 10:00 a.m. to 12:00 p.m.	Conference Room C

If you have any questions, you may also contact the benefits section of the State Personnel Department by calling 317-232-1167 or (toll free) 877-248-0007.

### From the Chaplain:

As a way of encouraging self-care for staff, the chapel is available daily for moments of relaxation, reflection, or peace. Any staff who find that they need a quiet and safe place to stop and “be” yourself for a moment is encouraged to utilize the space. The monitor in the chapel will be left on to the NDI 2-1 channel as it plays our “moment of calm.” The general key issued to staff will open the outer chapel door and the chaplain need not be present. Please feel free to make this space yours as you have need.

### Submission Date for November Newsletter

If you have something you would like to submit to the newsletter, **please have all submissions written and submitted by 11/18/20** to [staffdevndi@fssa.in.gov](mailto:staffdevndi@fssa.in.gov) with the **subject line: News Letter Submission**.

# Exceeding Everest

*Our jobs can seem like it's all up hill somedays, but the people below have been recognized for excellence in their work, and we call that Exceeding Everest. Highlighted names received multiple recognitions in the same time frame.*



- ❖ September
- ❖ Emily Gaskins
- ❖ Elaine Braden
- ❖ October
- ❖ Mandy Brooks
- ❖ Cheryl Moore
- ❖ Lindsay Ecklund
- ❖ Lacey Walden
- ❖ Justin McAfee
- ❖ Marc Gordon
- ❖ Carolyn Smeltzer
- ❖ Irene Jameson
- ❖ Cheryl Moore
- ❖ **Antavian Leary**
- ❖ Rachel Jones
- ❖ Vonda Montgomery

- ❖ Cathy Burnett
- ❖ Terrie Inman
- ❖ Melissa Brewster
- ❖ Lisa Passarelli
- ❖ Todd Peters
- ❖ **Zakia Self**
- ❖ Bamidele Adejola
- ❖ Kimberly Arnold
- ❖ Scott Donaldson
- ❖ **Little Ford**
- ❖ Kelvin Graham

Ideas? Questions?  
Submission?  
Feedback?

If you have an idea, submission, question for feedback about the NDInsider send an email to [StaffDev@fssa.in.gov](mailto:StaffDev@fssa.in.gov) with the subject line **NDInsider**.

# November Birthdays

11/8  
Ansumana Jeigula  
11/9  
Souncera Moseby  
11/10  
Samson Bosede  
Alana Holt  
11/11  
Niki Brinker  
Tyler Denson  
11/12  
Thomas Ball  
11/15  
Kiara Dowdy  
Vernell Martin  
11/16  
Rebecca Altop  
Latanya Thomas

11/17  
Amy Frazer  
Charity Fay Sample  
11/19  
Tim Gaalema  
11/21  
Fred Madren  
11/22  
Sharon White  
11/24  
Nyen-Nyen Volawuo  
Damon Warner  
11/26  
Kellee Hawkins Coleman  
11/28  
Lisa Passarelli  
11/29  
Marcus Wright

